

# Wholesome Harvest Box Info

## What's in my box?

*This list is tentative and subject to change. Please visit our website's [current news box](#) for any changes.*

- White Onions
- Napa Cabbage
- Beefsteak Tomatoes
- Purple Bell Pepper
- Sweet Roasting Peppers
- Buttercup Squash
- Beets
- Oakleaf Lettuce



Buttercup Squash



Napa Cabbage

## The Vegetables

### **White Onion**

A mild white onion. Great raw or cooked. Store in a dark, dry place if you don't plan to use them within a few weeks.

### **Napa Cabbage**

More delicate in flavor and texture than the typical green cabbage. Great in a stir fry. Wrap in plastic wrap and store in the fridge.

### **Beefsteak Tomato**

Wipe off your tomatoes gently to remove any dust or dirt before eating. These beefsteaks are a familiar dense tomato great for slicing thinly onto a sandwich.

### **Purple Bell Pepper**

A mild bell pepper. Some of the purple are starting to turn red so you may see a red pepper in your box instead. Stores well in the fridge for up to two weeks.

### **Sweet Roasting Peppers**

Roasting brings out their great flavor, but they are a nice sweet, crisp treat when enjoyed raw as well. Stores well in the fridge for up to two weeks.

### **Buttercup Squash**

A very sweet variety of winter squash. Store on your counter until ready to use.

### **Red Beets**

A nice bunch of red beets with tops still on. The tops are tender and delicious! Add them to a salad or lightly steam them. If you don't plan to eat the beets within a few days cut off the tops. Store both the root and the greens in a bag in the fridge.

### **Oakleaf Lettuce**

This lettuce has lobed leaves and a delicate texture. Store in a bag in the fridge.



# Buttercup Squash Soup

*Recipe from allrecipes*

## Ingredients

- 1 large buttercup squash, halved and seeded
- 3 tablespoons butter
- 1 yellow onion, diced
- 4 cups chicken broth
- 1 teaspoon dried basil
- 1 teaspoon dried marjoram
- 1 teaspoon freshly ground black pepper, or to taste
- 1/3 teaspoon ground cayenne pepper
- 1 (8 ounce) package cream cheese, softened

## Directions

1. Preheat oven to 400 degrees F (200 degrees C). Place squash cut-side down in a baking dish; fill with 1/4 inch of water.
2. Bake squash in the preheated oven until tender, about 45 minutes.
3. Heat butter in a saucepan over medium heat; cook and stir onion until tender, about 10 minutes.
4. Heat chicken broth, basil, marjoram, black pepper, and cayenne in a saucepan over medium heat.
5. Scoop flesh from squash into a blender or food processor; add onion and cream cheese. Blend mixture until smooth, working in batches if needed. Mix squash mixture into broth mixture; cook, stirring frequently, until soup is heated through but not boiling, about 5 minutes.

R

E

C

I

P

E

S

